PARAMOUNT FITNESS
7.55T/7.85T
Treadmill Owner's Manual

PARAMOUNT
INNOVATING FITNESS

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Safety Warnings

All precautions should be taken to minimize the risk of injury and to prevent damage to the equipment. Read the entire Owner's Manual before using the treadmill and always observe the following safety precautions.

SERIOUS INJURY CAN OCCUR ON THIS MACHINE IF PRECAUTIONS ARE NOT OBSERVED. READ ALL INSTRUCTIONS BEFORE USING THIS TREADMILL.

⚠ DANGER

TO REDUCE THE RISK OF FIRE OR ELECTRIC SHOCK ALWAYS DO THE FOLLOWING:

1. Before performing any maintenance, turn off the power switch and unplug the treadmill. If the treadmill will not be used for an extended period of time, turn off the power switch and unplug the unit from the wall.

2. The electrical settings for this treadmill are factory set. Verify that your facilities meet these requirements before connecting the treadmill to the electrical outlet. Do not use an adapter to connect the treadmill to the electrical outlet. Do not modify the power cord shipped with the treadmill. If the plug will not fit the outlet on the wall, contact a qualified electrician to make the appropriate changes to the circuit and the wall outlet.

⚠ WARNING

1. Keep children away from this machine. Supervise use by teenagers.

2. Stop exercising immediately if you feel pain, become dizzy, faint or short of breath.

3. Obtain a medical exam before beginning an exercise program.

4. Heart rate monitoring systems may be innaccurate. Over exertion may result in serious injury or death.

5. To avoid falls or injury, use extreme caution when stepping onto or off of a moving belt. DO NOT turn around on a moving belt.

6. Keep all body parts, hair, clothes, towels and headphone cables clear of moving parts. Bystanders must stay clear of the front sides of the treadmill as it is inclining and declining.

7. DO NOT use if the machine appears damaged or inoperable. Report problems to staff.

8. Only use the treadmill for its intended use as described in this manual. Do not perform any modifications to the treadmill.

9. Obtain instruction and/or refer to the manual before using. Read all warnings before using. Be certain the STOP operation is understood.

10. The treadmill must be in position to cycle and operate smoothly and allow appropriate entry and exit from the machine. Make sure that there is at least 0.5 meters (20 inches) of clearance on both sides of the treadmill and at least 2 meters (79 inches) of clearance behind the treadmill.

11. Max. user weight: 400lbs/182kg

12. Make sure that the treadmill is in a dry location before operating or connecting to power. Do not use the treadmill outdoors.

13. Make sure that the power cord is clear of the wheel track for the lift mechanism so that it does not get run over. Also, make sure that the power cord is not on top of the lift frame where it could get pinched. Never use the treadmill if the power cord is crimped, cut or damaged in any way. Keep the power cord away from heated surfaces.

14. Be certain that the front motor cover is clear of obstructions to allow proper air flow into the unit.

15. **Warning of possible radio frequency interference (RFI)**
This treadmill has been designed and tested to comply with FCC rules, Part 15, Class A digital devices. The limits in these rules are designed to provide reasonable protection against harmful radio frequency interference when the unit is installed and operated in a commercial establishment. This equipment generates, uses, and can radiate radio frequency interference which may cause harmful interference to radio frequency communications if not installed and used in accordance with the owner's manual instructions. If interference does occur in an installation it is the owner's responsibility to correct the interference at their expense. **Any changes or modifications to this equipment could void the product warranty and cause the unit to exceed the FCC limits.**

⚠ CAUTION

1. Do not attempt any maintenance procedure unless you are qualified and properly equipped to perform the procedure properly and safely. Otherwise, contact a service technician to service your treadmill.

2. Be careful not to pinch your fingers when removing the deck.

3. Make sure that the walking belt is kept clean and dry.

Introduction

Overview

This section contains information about:

- Power Requirements
- Service and Support Information

Thank you for purchasing the Paramount 7.55T/7.85T. This manual will show you how to assemble, operate, and maintain your treadmill.

The manual is intended as a reference only. All warnings and cautions should be heeded when assembling, maintaining, or operating the treadmill. Contact a qualified service technician for any procedure that you cannot perform correctly, completely, and safely.

Follow all instructions carefully.

The 7.55T/7.85T treadmill is a commercial treadmill intended for use in health clubs, gyms, and physical therapy facilities. This manual will help you discover and use the treadmill's features.

VISIT OUR WEB SITE REGULARLY: WWW.PARAMOUNTFITNESS.COM FOR UPDATES TO THIS MANUAL, IMPORTANT SAFETY NOTICES, MANDATORY SERVICE BULLETINS AND PRODUCT DESIGN ENHANCEMENTS. RETAIN THIS MANUAL FOR FUTURE REFERNCE.

Power Requirements

This treadmill has specific requirements for electrical power. It is critical that you verify that your facilities meet these requirements before connecting the treadmill to an electrical source. Adherence to these requirements is necessary to ensure the user's safety and to prevent damage to your treadmill.

Electrical Specifications and Precautions
This treadmill requires a grounded 20-amp/120-volt NEMA 5-20 receptacle [North America] or 15-amp/ 230-volt NEMA 6-15 receptacle [Europe] dedicated circuit for each machine. The treadmill ships with the appropriate cord and plug to permit connection to the proper electric circuit. The treadmill must be plugged into an outlet designated to accept the appropriate plug and voltage configuration. Do not, under any circumstances, use an adaptor to make this connection. Do not modify the plug provided with the treadmill. If it will not fit the outlet, contact an electrician to have the circuit and outlet changed to accept the plug. The voltage rating for the treadmill is included in the serial tag that is affixed to the rear cross member of the treadmill.

Circuits with a Ground Fault Interrupter (GFI) are not recommended for use with-the Paramount 7.55T/7.85T.

Grounding Instructions

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This productis equipped with a cord having an equipment-grounding conductor and a grounded plug. The plug must must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

Service and Support Information

This treadmill has specific requirements for maintenance and care. Contact Paramount Customer Service at 1-800-721-2121 or 1-323-721-2121 if you have an issue regarding maintenance, repair, or operation of the treadmill. Also, if you need to replace components on the treadmill, call Paramount to order a replacement component.

The Paramount Customer Service line is available from 7:30 a.m. to 4:30 p.m. PST Monday through Friday to answer your questions regarding the 7.55T/ 7.85TT/785T. If you need assistance or service for the treadmill, a customer service representative can help you find a qualified repair technician in your area.

Initial Setup

Warnings

⚠ WARNING

1. Do not attempt any procedure unless you are qualified and properly equipped to perform the procedure properly and safely. Otherwise, contact an authorized service technician to service your treadmill.

2. Make sure that the power cord is clear of the wheel track for the lift mechanism so that it does not get run over. Also, make sure that the power cord is not on top of the lift frame where it could get pinched.

3. The treadmill must be in position to cycle and operate smoothly and safely. Make sure that there is at least 0.5 meters of clearance on both sides of the treadmill and at least 2 meters of clearance behind the treadmill.

4. The electrical settings for this treadmill are factory set. Verify that your facilities meet these requirements before connecting the treadmill to the electrical outlet. Do not use an adapter to connect the treadmill to the electrical outlet.

Overview

Initial setup of the treadmill is a a five-part process. This section will show you how to perform the following procedures:

- Identify Parts
- Assemble the Treadmill
- Level the Treadmill
- Check and Adjust Belt Tracking
- Perform a Visual Inspection

Tools Needed

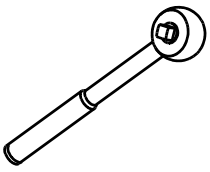
The following tools are included:

ALLEN WRENCH

5mm 6mm

The following tools are needed but are not included:

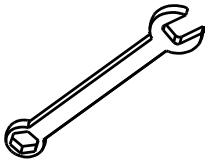
- Carpenter's level
- Socket wrench and allen sockets [optional]
- Open end 22mm and 26mm wrenches.



SOCKET WRENCH AND ALLEN SOCKETS [Optional]

ALLEN WRENCH

8mm

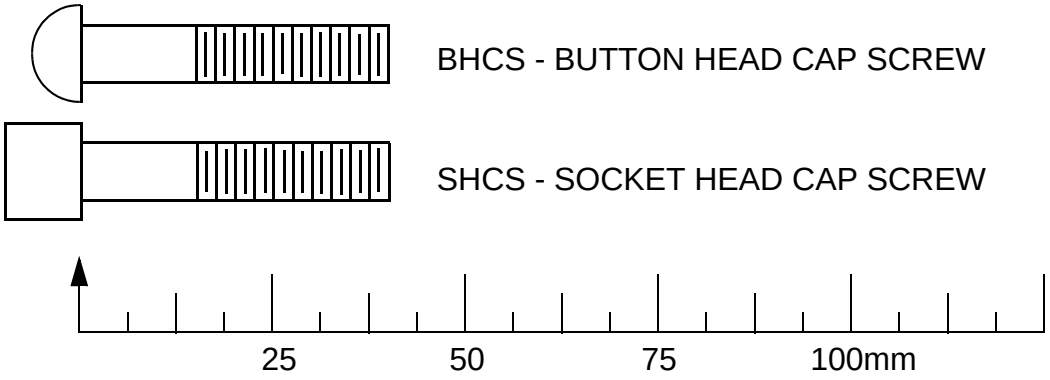


WRENCHES
22 MM
26MM

Identify Parts

This section will show you how to locate and identify the following parts:

- Display Console
- Uprights
- Upright Covers
- Hardware: 4 ea-8mm x 30mm BHCS, 6 ea-8mm x 30mm SHCS, 6 ea-8mm lockwashers, 6 ea-8mm flatwashers.



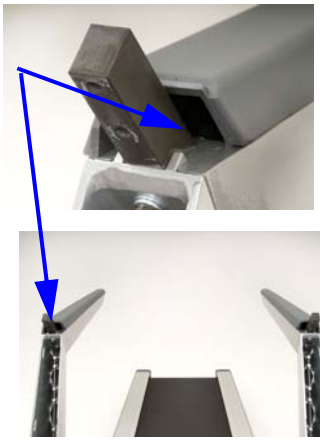
Assemble the Treadmill

This section will show you how to install components to the treadmill:

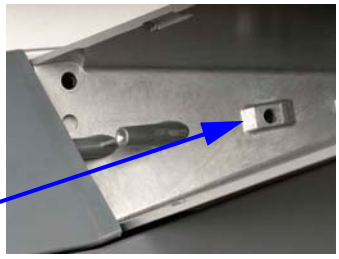
- Install the Uprights
- Install the Display Console
- Connect Wiring

Install the Uprights

1. **Identify the right upright**. Each upright has a notch, when installed the notches should face each other. The right upright will have a notch as displayed here.



2. **Position the right upright on the right side.** As an assembly convenience, a small tab is provided at the lower forward end of the upright. Carefully insert this tab into the slot at the front of the base frame by tilting the upright forward as you install it. Align the bolt holes on the upright with the treadmill.



3. **Outfit two rear upright bolts**. Install a lock washer then a flat washer onto two of the 8mm x 30mm socket head cap screws.

4. **Install the rear upright bolt.** Insert and hand-tighten the rear upright bolt. Some movement of the upright will be required for alignment.

5. **Outfit four front upright bolts.** Install a lock washer then a flat washer onto the remaining 8mm x 30mm socket head cap screws.

6. **Install the front bolts.** Insert and hand-tighten the two front bolts.

7. **Install the left upright.** Repeat steps 2-6 to install the left upright.

Install the Display Console

1. **Position the display console on the support posts.** Slide the display console onto the console support posts that extend from the uprights.

2. **Install bolts to secure the console.** On both sides, insert and tighten the two 8mm x 30mm [1 1/4''] button head bolts that secure the display console to the support post.

3. **Install bolt plugs.** Insert and secure the bolt plugs on both sides.

4. **Tighten the bolts that secure the uprights.** Use an Allen wrench (6mm) to tighten the bolts that secure the left and right uprights.

NOTE

Stop here and refer to the entertainment option installation instructions if that option is to be installed on to the treadmill.

Connect Wiring

1. **Route wiring through the right upright.**

2. **Connect board connector to the display console connector.**

3. **Install the left and right upright covers.** Place the bottom tab on the upright cover in the designated slot. Bend the upright cover so that it bows slightly in the middle, align the top edge, then push the upright cover into place. Make sure that the wires clear the upper edge of the cover.

Position and Level the Treadmill

This section will show you how to adjust the treadmill so that it is level.

Check and Adjust the Level of the Treadmill

1. **Lift the treadmill from the rear.** Locate the handle below the rear roller. Grab the bar with both hands and lift. It is recommended that two people lift the treadmill together.

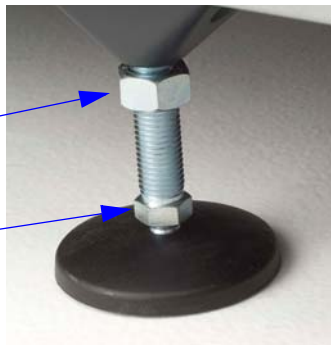
2. **Move treadmill into position in the facility.** Make sure that the floor is flat and level, with no bumps or level changes, where the treadmill is.

3. **Power up the treadmill.** Plug the treadmill in and turn on treadmill using the power switch, which is located near the front right corner of the treadmill. Be certain that the power cord is routed to the front of the treadmill and that it is clear of the liftframe. The treadmill will automatically adjust to its 'home' position.

4. **Check level on the right side.** Place a carpenter's level on the right side rail to determine if the right side is level.

   NOTE: The units are adjusted to be "nominally" level at the factory and any further adjustments should be minimal.

5. **Locate the right side leg.** The top nut on the leg is the level-locking nut (26mm), the bottom nut is the level-adjusting nut (22mm).



6. **If necessary, adjust the right side leg to make the right side level.** First, loosen, the level-locking nut. Next, adjust the level-adjusting nut until the right side seems to be level.
7. **Recheck level on right side.** Adjust until the right side is level, then tighten the level-locking nut.

8. **Level the left side.** Repeat steps 4-6 on the left side to make it level.

9. **Recheck level on both sides.** Adjust until both sides are level.
10. **Check to make sure that all four corners are in contact with the floor.**

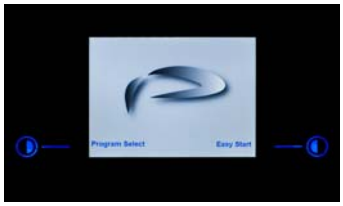
Check and Adjust Belt Tracking

This section will show you how to adjust the treadmill so that the walking belt tracks properly.

Check and Adjust Belt Tracking

1. **Power up the treadmill.** Plug the treadmill in and turn on treadmill using the power switch, which is located near the front right corner of the treadmill. Be certain that the power cord is routed to the front of the treadmill and that it is clear of the liftframe. The treadmill will automatically adjust to its ‘home’ position.

2. **Set the treadmill to slow speed.** Press **Easy Start** and adjust the speed to 4 mi/h (6.5 km/h).



3. **Observe the walking belt in motion.** Stand directly behind the treadmill, looking down at the rear roller. The walking belt should be centered on the rear roller. If the rear roller is visible one either side of the walking belt, the belt tracking needs to be adjusted.

4. **If necessary, adjust the belt tracking.** To shift the walking belt to the right, loosen the right retention bolt (8mm) one eighth-turn, and then tighten the left retention bolt one eighth-turn. To shift the walking belt to the left, loosen the left retention bolt one eighth-turn, and then tighten the right retention bolt one eighth-turn. Adjust the belt tracking until the belt is centered on the rear roller.

5. **Let the treadmill cycle.** Increase the speed to 10 mi/h (16.1 km/h) and let the treadmill cycle for five minutes.
6. **Recheck the belt tracking.** After the treadmill has been cycling for five minutes, observe the tracking of the walking belt. If the walking belt is not tracking correctly, adjust the tracking.

Inspect the Treadmill

This section will show you how to inspect the treadmill prior to use.

Perform a Visual Inspection

1. **Make sure that the power cord is clear of the treadmill so that it will not get pinched or run over.**

2. **Make sure that the treadmill is in a dry location.**
3. **Make sure that the treadmill is level.** All four corners must be in contact with the floor.

4. **Make sure that the belt is tracking properly.** The walking belt should be centered on the rear roller while cycling.

Manager Mode and Statistics

Overview

This section contains information for:

- Manager Mode
- Diagnostics Statistics

Manager Mode allows staff to set advanced settings that affect the use of the treadmill by the everyday user. Such settings would include length of workout, display settings, and measurement units.

NOTE
The 7.55T/7.85T has the capability of displaying custom graphics, such as a club logo, on the startup screen. To use this capability contact Paramount Customer Service at 1-800-721-2121.

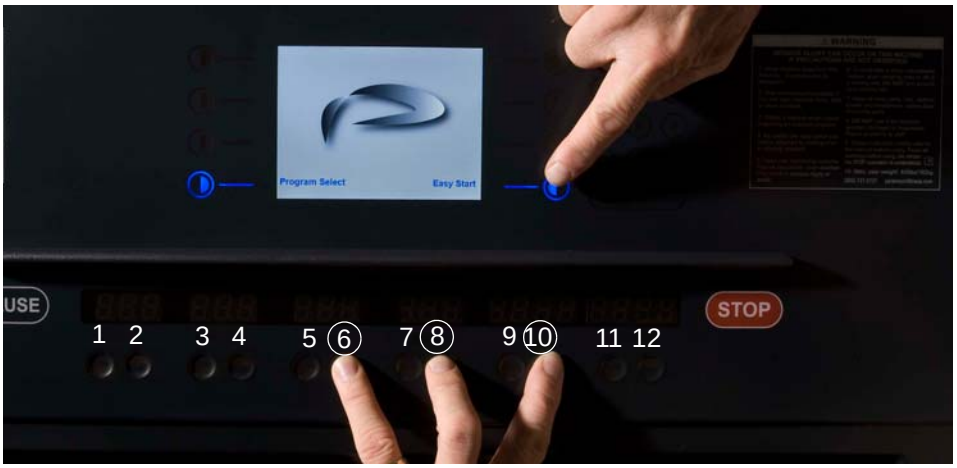
Manager Mode

Manager Mode includes the following options, in order:

- Set Language
- Set Maximum Workout Time
- Set Goal Count Down or Count Up
- Set Maximum User Speed
- Set LED Display Intensity
- Set English or Metric Units
- Set Pause Time
- Set Cool Down Time
- Run Lift Calibration
- Set Calibration Distance
- Input Custom Programs
- Set Heart Rate Selection

Access Manager Mode

1. Go to the startup screen.
2. Press and hold the Incline up, Speed up, and Time up buttons, then select **Easy Start**.
3. After a brief pause the Welcome screen should appear.

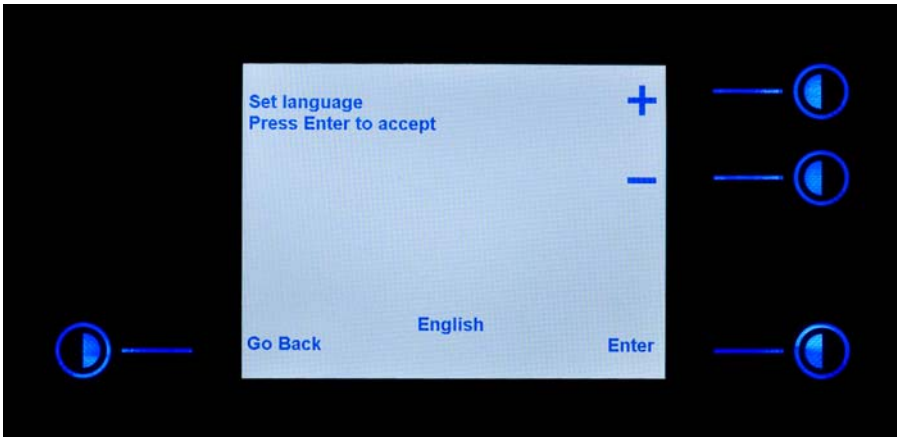


Navigate Manager Mode

1. To cycle through the options in Manager Mode, select **Enter** until you reach the appropriate settings screen.
2. Select **Go Back** to return to previous screen.

Set Language

1. Select **+** or **—** to change the current language setting. The default language is English.
2. Select **Enter** to confirm.



Set Maximum Workout Time

1. Use the numeric keypad or the up and down Time buttons to enter the time limit for individual workouts. The default setting is 60 minutes [not including cool down time].
2. Select **Enter** to confirm.

Set Goal Count Down or Goal Count Up

1. Select **+** or **—** to change to Goal count up or Goal count down. The default setting is Goal count down.
2. Select **Enter** to confirm.

Set Maximum User Speed

1. Use the numeric keypad or the up and down Speed buttons to enter the top speed limit for workouts. The default setting for both models is 10 mi/h (16.1 km/h).
2. Select **Enter** to confirm.

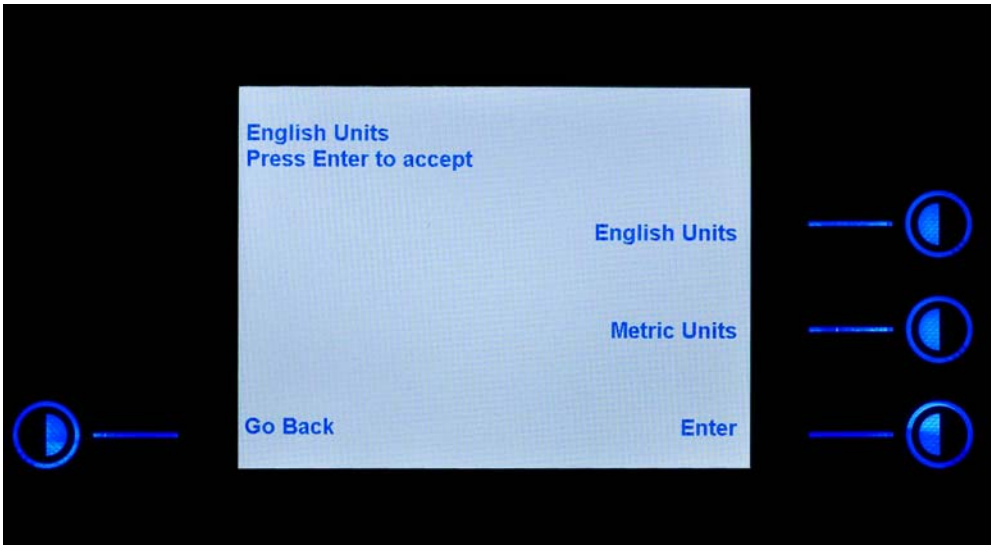
Set LED Display Intensity

When entering settings for a workout the primary goal settings will display brighter on the console. The secondary settings will display dimmer. This allows the user to distinguish the primary and secondarygoal settings from secondary settings.

1. The Time readout displays the primary display brightness. Use the up and down Time buttons to adjust the brightness.
2. The Speed readout displays the secondary display brightness. Use the up and down Speed buttons to adjust the brightness.
3. Select **Enter** to confirm.

Set English or Metric Units

1. Select **+** or **—** to change to English or Metric units. The default setting is English units.
2. Select **Enter** to confirm.



Set Pause Time

1. Use the numeric keypad to enter the Pause time for the treadmill. This is the time that the treadmill will maintain the current user's settings before resetting. The default setting is one minute for pause time.
2. Select **Enter** to confirm.

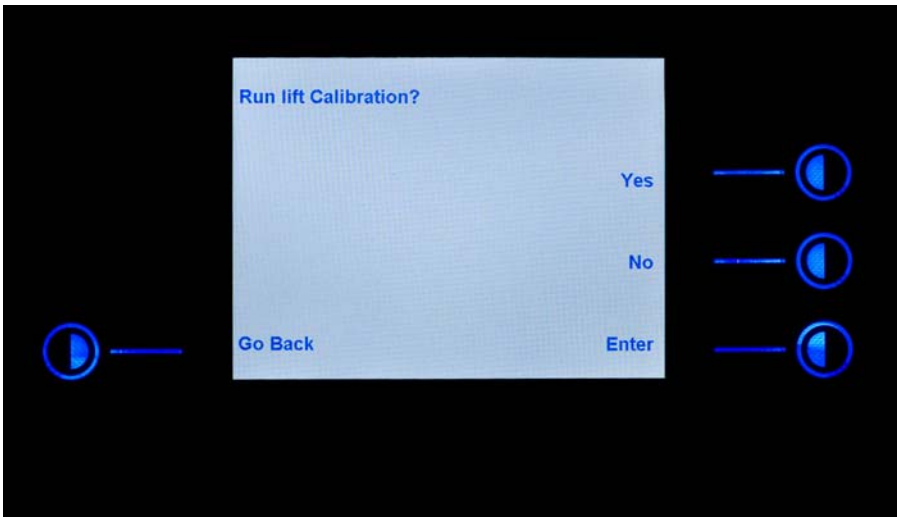
Set Cool Down Time

The treadmill will enter Cool Down mode at the end of the workout. In Cool Down the treadmill will decrease workout intensity, allowing the user to cool down. Cool Down time is added at the end of the workout, thus a user might exceed the maximum workout time in Cool Down.

1. Use the numeric keypad to enter the Cool Down time for the treadmill.
2. Select **Enter** to confirm.

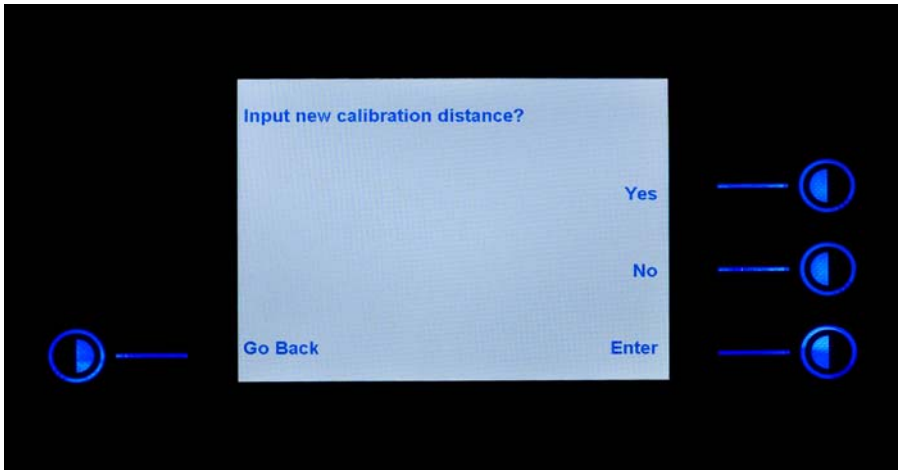
Set Lift Calibration

1. [Note: This procedure is not required during initial set up of the treadmill due to factory calibration] To run lift calibration select **Yes**.
2. Allow the treadmill to lift to an incline of 10% - this is done automatically by the treadmill - no user input is needed for this step.
3. Once the lift has stopped moving, measure vertically from the floor to the rear lower corner of the treadmill [note the measurement] and from the front lower corner of the treadmill to the floor. Subtract the two numbers and note the value. Push “clear” on the keypad to erase the number currently displayed. Now enter the height difference in inches (or cm) using the numeric keypad when “Input height differences in inches [or cm] ” is displayed.
4. Select **Enter** to accept new value and move to next screen.



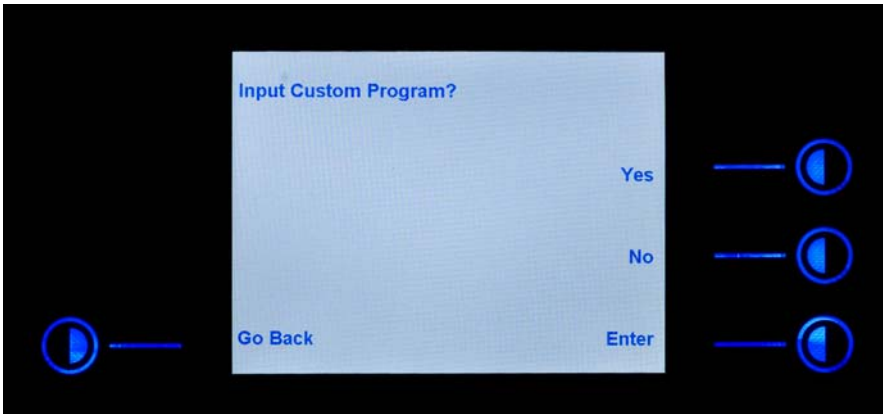
Set New Calibration Distance

1. To set a new calibration distance select **Yes**.
2. Remove the top motor cover and make a visible mark on the flywheel next to a consistent reference point.
3. Place a piece of tape near the front of the treadmill belt with another piece of tape on a stationary section of the frame next to it.
4. Place a mark on both pieces of tape with the marks lined up with each other when the mark on the flywheel is at its reference point.
5. Manually rotate the flywheel in the direction of normal rotation (so the tape on the belt is moving toward the back of the treadmill) 10 full rotations stopping when the mark on the flywheel aligns with the reference point.
6. Measure the distance from the stationary mark on the frame of the treadmill to the now moved mark on the tape on the walking belt.
7. Input that distance in inches (or cm) when “Input measured distance in inches” appears.
8. Press **Enter** to accept and move to the next screen.



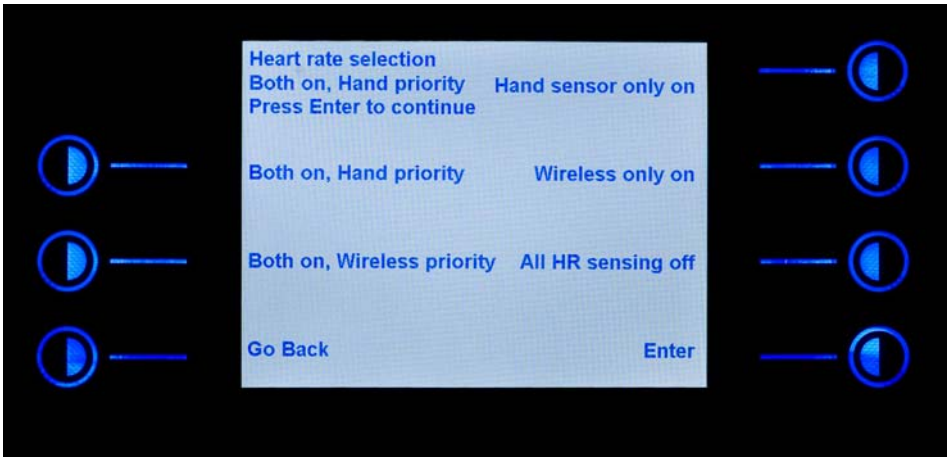
Input Custom Program

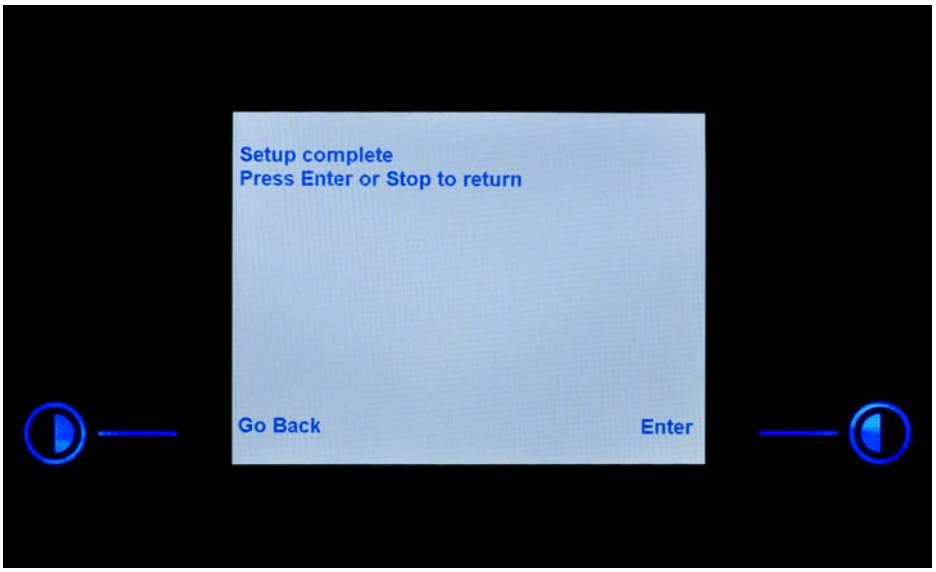
1. To create a new custom program select **Yes**.
2. Select either (1) to learn the program by actually performing the program as desired, or (2) to input program segments
   a. If (1) is selected to learn, the program will start an Easy Start program. Adjust the parameters to the desired levels for speed and incline when desired in the program. Continue adjusting as desired for the duration of the program. Press **Stop** to end programming.
   b. If (2) is selected to input, the screen will come up with a default speed, incline, and segment duration. Change any or all of these parameters to establish the workout parameters for the first program segment then select **Enter** to accept. Repeat this procedure until all desired program segements have been input.
3. The new program can be stored as a custom program number via the keypad, or by scrolling through the alphabet using the illuminated up and down arrow keys to get the desired letter and then selecting **Enter**, repeating this until the desired title is spelled out the select **Stop** to move to the next screen.



Set Heart Rate Selection

1. To change the heart rate selection select one of the options:
   -Both on, Hands priority
   -Both on, Wireless priority
   -Hand sensor only on
   -Wireless only on
   -All HR sensing off
   The default setting is Both on, Hands priority.
2. Select **Enter** to confirm.



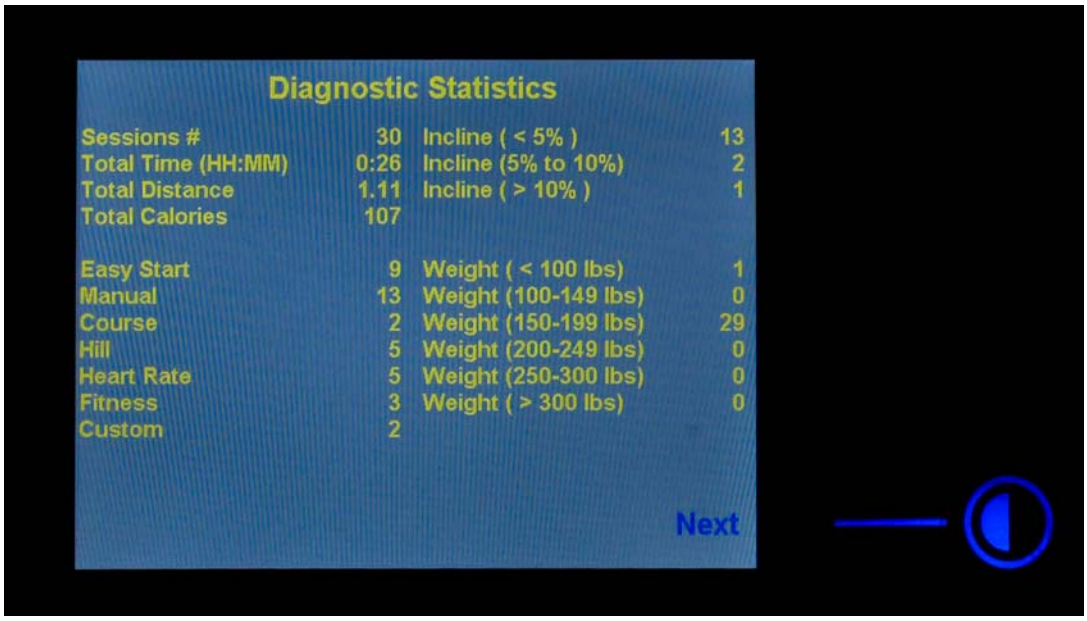


Diagnostics Statistics

Diagnostic Statistics provides information about the use of the treadmill, such as incline, user weight, duration, and so forth.

Access Diagnostic Statistics

1. Go to the startup screen.
2. Press and hold the incline down, speed down, and time down buttons, then select **Easy Start**.
3. After a brief pause the Diagnostic Statistics screen should appear.
4. Select **Next** to view error codes recorded on this machine. Contact Paramount Customer Service at 1-800-721-2121 for error code explanations and further reccommendations. Press “QUIT” key to exit.



Basic Operation

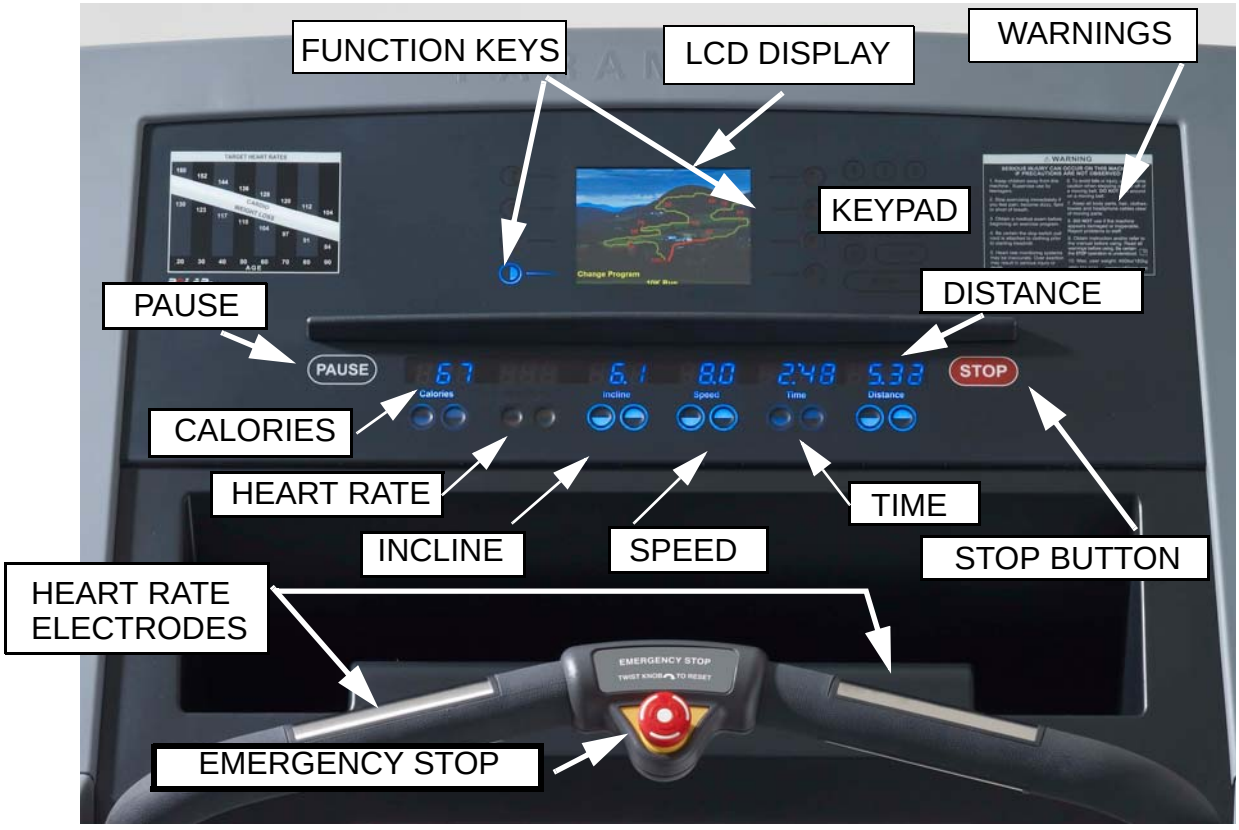
Overview

This section will show you how to use the following features:

- Display Console Panel
- Easy Start
- Programs
- Stop Operation

The 7.55T/7.85T is a commercial treadmill with many functions and features to help your clients reach their fitness and health-related goals. This section will introduce you to the features available on the treadmill. It will also explain these features and how to use them.

Display Console Panel



Easy Start

The Easy Start function is intended to allow the user to start a workout immediately without selecting programs or settings. This allows the user to begin a workout more quickly.

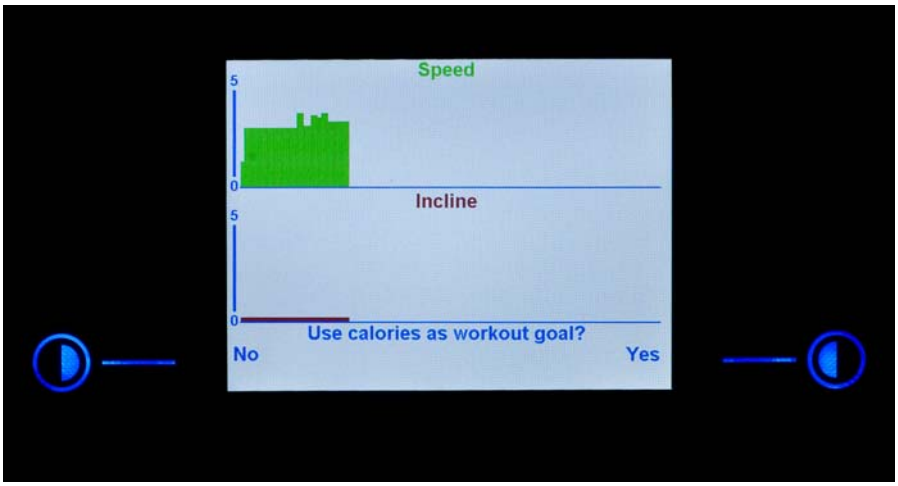
Use Easy Start

1. Select **Easy Start**. The treadmill will start with the following settings: 30-minute workout, 0% incline, and 1.0 mi/h or 1.0 km/h.
2. Adjust settings on the fly. Use the up and down buttons to adjust the Speed, Incline, and Time settings. You may use either the keypad or the arrow keys to make your selection. Press **Enter** when done Time is the default goal if you select to change Calories or Distance you will be asked if you wish to make these your new goals. Approximately 15 seconds into the program you will be asked to enter your weight so that the calories displayed will be accurate. Your workout progress and history will be displayed on the screen. At anytime you can press change program to change to one of the other programs available. The program that you are currently in is always displayed at the bottom of the screen.
3. Press **STOP** when finished.

Startup screen

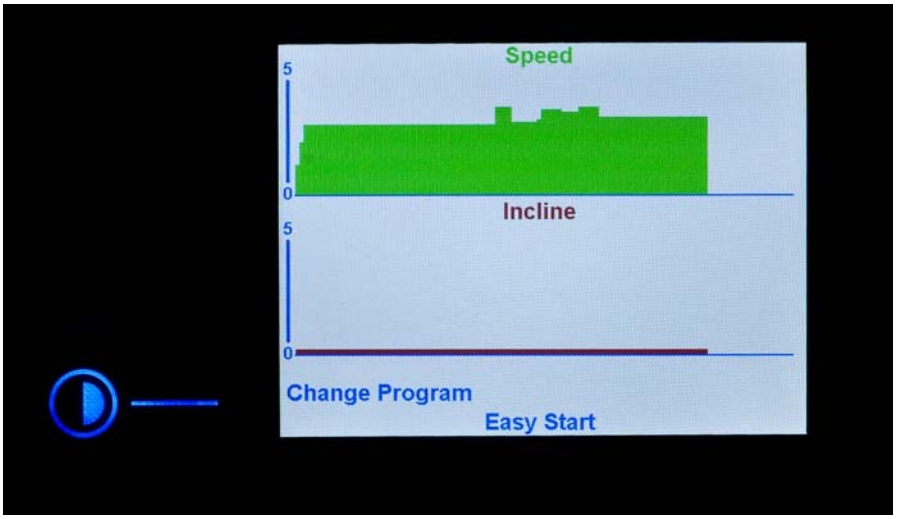
Easy Start display

Display Closeup



Enter weight

Workout display



Programs

The 7.55T/7.85T has several programs you can use to vary the user's exercise routine. These programs adjust the settings of the treadmill throughout the workout to simulate different running conditions.

These are the categories of programs:

- Manual Programs
- Heart Rate Programs
- Hill Programs
- Fit Test Programs
- Course Programs
- Custom Programs

Manual Programs
Manual programs allow the user to customize his or her workout to specification.

Heart Rate Programs
Heart Rate programs will monitor the user's heart rate and adjusts the incline to maintain target heart rate goal.

Hill Programs
Hill programs will automatically adjust the incline of the treadmill to provide a workout with elevation changes.

Fit Test Programs
Fit Test programs are based on the fitness tests of the armed forces and law enforcement units. These programs can be used to train for upcoming tests.

Course Programs
Course programs will simulate either a 5K or 10K run with automatic changes in elevation.

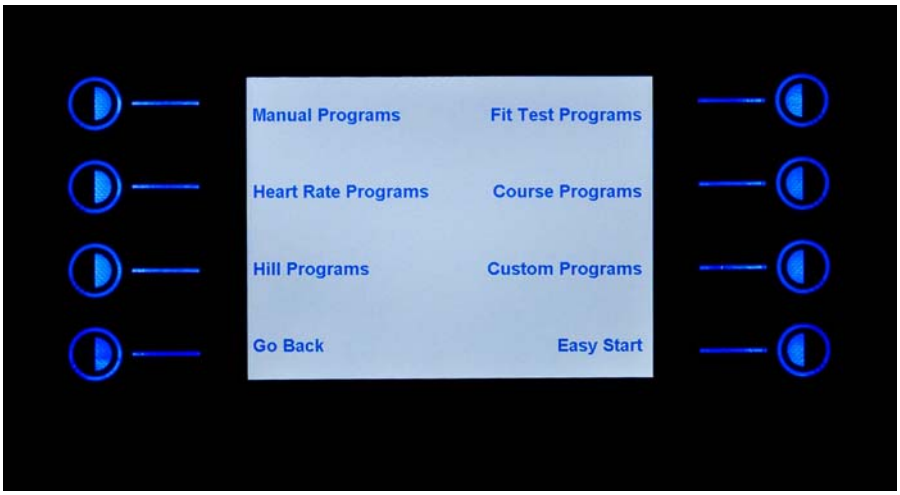
Custom Programs
Custom programs allow club personnel to program any workout profile desired for the club's users. Access for setting up the custom program is through the Manager's Menu, while the programs are accessed through the normal program selection screen.

Select a Manual Program

1. Select **Select Program**.
2. Select **Manual Programs**.
3. Select **Standard Mode** or **Track**.
4. Input Goal, time, calories or distance. Enter goal selected using the numeric keypad or the up and down buttons, then press **Enter**.

   NOTE
   Time is the default goal for Standard Mode; Distance is default goal for Track. To use alternate goals press arrow key for that goal and press yes when prompted to use this new selection as primary goal. Input goal when prompted, then select **Enter** to confirm.
5. Enter Speed using the speed up and down buttons or the numeric keypad, then press **Enter**.
6. Enter Incline using the speed up and down buttons or the numeric keypad, then press **Enter**.
7. For more accurate caloric feedback, enter your weight when prompted on the numeric keypad, then press **Enter**. The default weight is 150 lbs (68.0 kg).

Programs menu



Manual program menu

Track Mode workout display

Standard Mode workout display

Select a Heart Rate Program

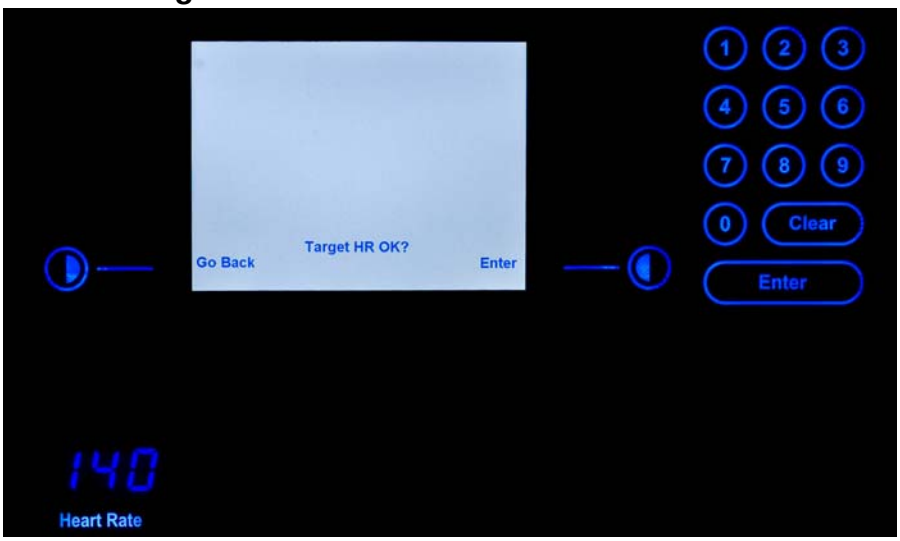
1. Select **Select Program**.
2. Select **Heart Rate Programs**.
3. Select **Cardio**, **HR-Interval**, or **Weight Loss**.
4. Enter your desired goal [time, distance or calories].
5. Enter your age using the numeric keypad then press **Enter**.
6. The screen will display a suggested heart rate for your age. Press **Enter** to use the suggested heart rate, or use the numeric keypad to input a heart rate then press **Enter**.

   NOTE
   Be sure that the heart rate that you select is appropriate for your age and fitness level.
7. For more accurate caloric feedback, enter your weight when prompted on the numeric keypad, then press **Enter**.
8. To give the treadmill heart rate feedback grab and hold the electrodes on the heart rate bar, or use heart rate strap telemetry. Your heart rate will be displayed on the numeric display. The display will show three bars while the system is acquiring the heart rate. Below target rate is graphed as a black line; target as a green line and above target heart rate as a red line.

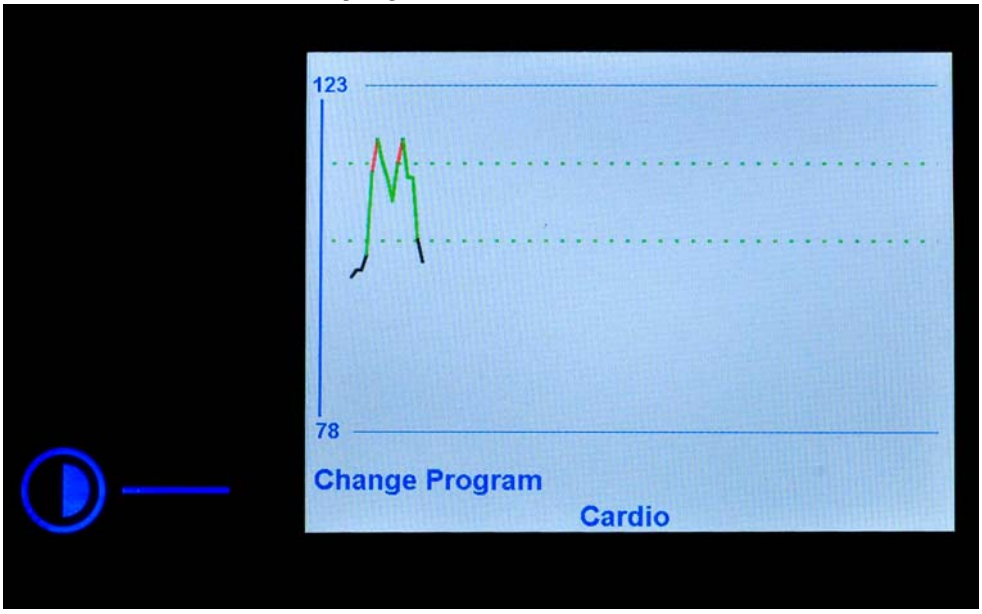
Heart Rate program menu

Enter age

Confirm target heart rate



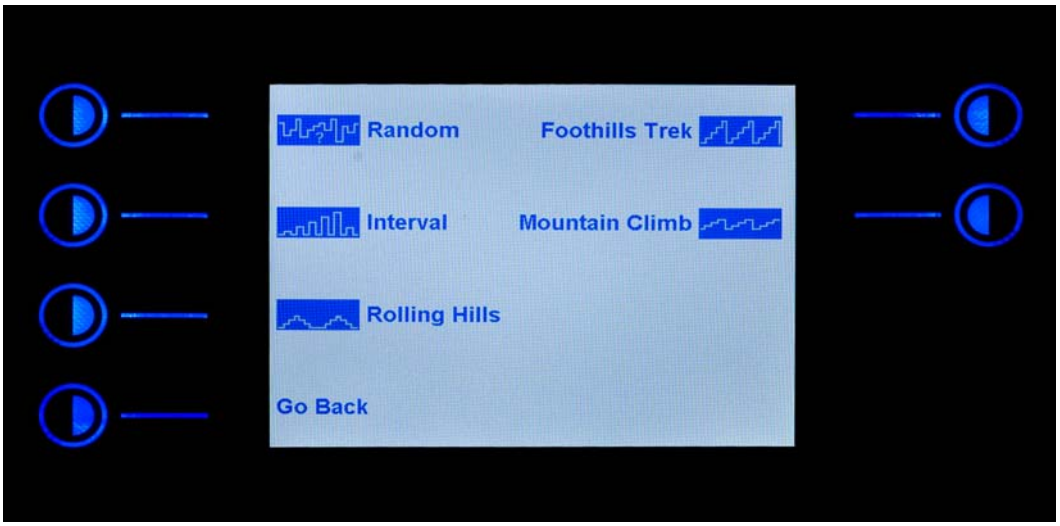
Workout heart rate display



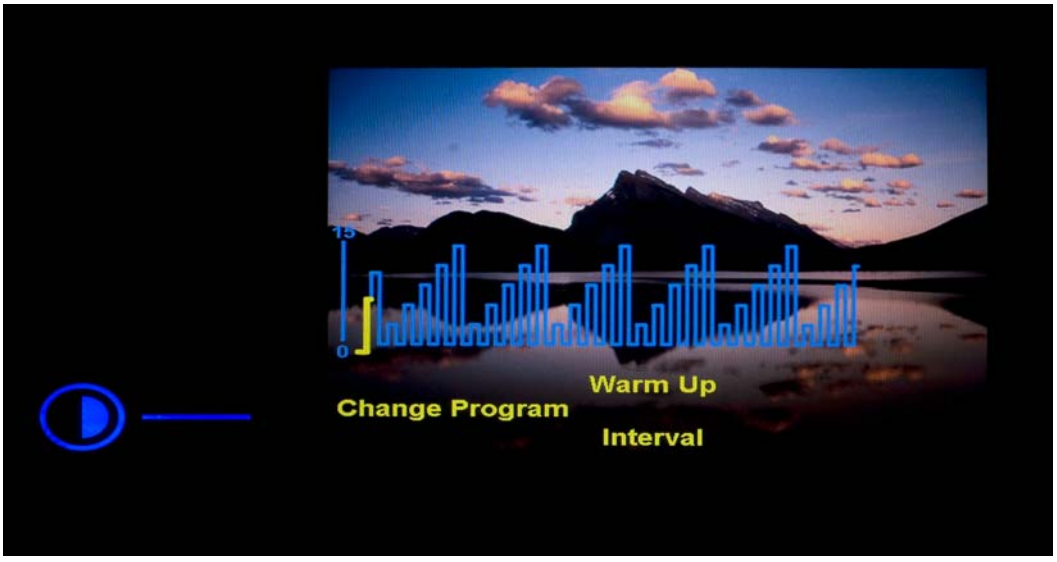
Select a Hill Program

1. Select **Select Program**.
2. Select **Hill Programs**.
3. Select **Random**, **Interval**, **Rolling Hills**, **Foothills Trek**, or **Mountain Climb**.
4. Input Goal, enter your time goal [or alternate goal] using the numeric keypad or the up and down buttons, then press **Enter**.
5. Enter Speed using the speed up and down buttons or the numeric keypad, then press **Enter**.
6. Enter Maximum Incline using the incline up and down buttons or the numeric keypad, then press **Enter**. The first portion of the workout will be a warm up and after the goal or time has been attained then the cool down period [as set in the manager's menu] will begin.

Hill Program menu



Hill workout display



Select a Fit Test Program

1. Select **Select Program**.
2. Select **Fit Test Programs**.
3. Select **Fit Test, PEB**, **Army**, **USAF**, **Navy**, or **USMC**.
4. When prompted enter your age and sex using the numeric keypad and function keys, then press **Enter**.

Fit Test program menu

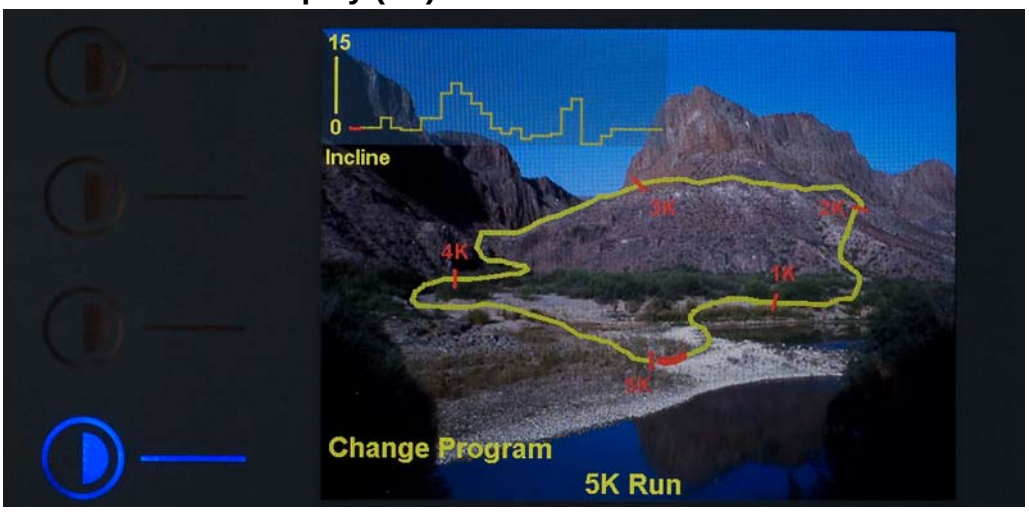
Select a Course Program

1. Select **Select Program**.
2. Select **Course Programs**.
3. Select **5K RUN** or **10K RUN**.
4. Input Goal, enter your distance [or alternate] goal using the numeric keypad or the up and down buttons, then press **Enter**.
5. Enter Speed using the speed up and down buttons or the numeric keypad, then press **Enter**.

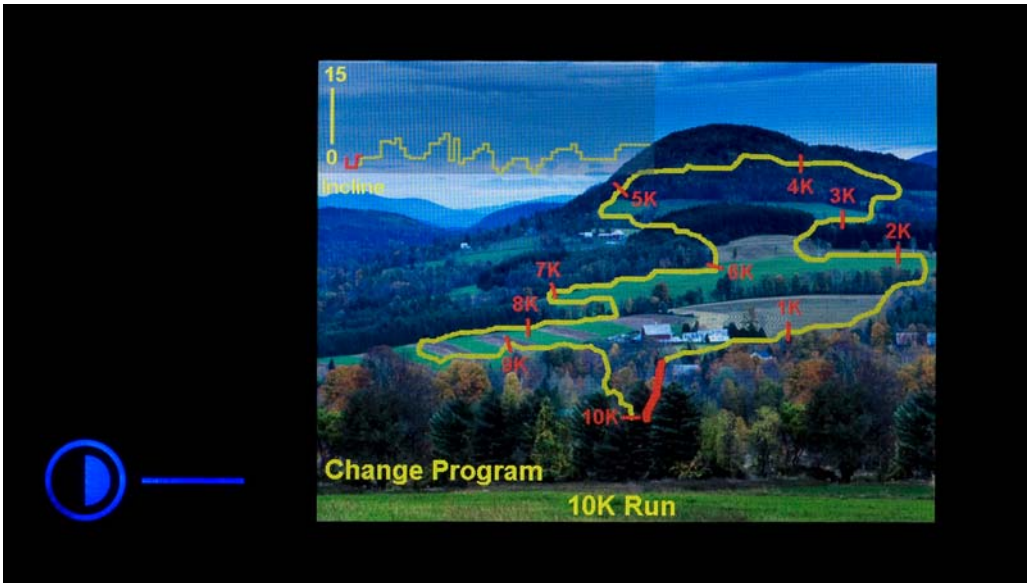
   NOTE
   During the workout the treadmill will automatically adjust its incline settings. You can override the incline settings during the workout by pressing the incline up and down buttons.

Course Program menu

Course workout display (5K)



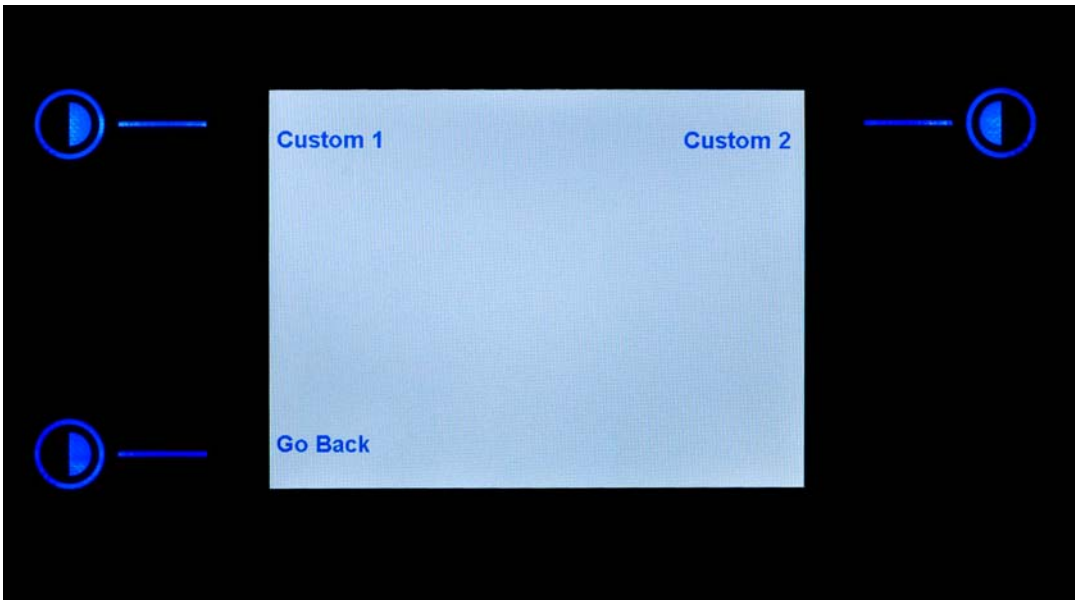
Course workout display (10K)



Select a Custom Program

1. Select **Select Program**.
2. Select **Custom Programs**.
3. Select one of the custom program listed on the screen.
4. Adjust the Speed, Time, and Incline settings as necessary.

Custom Program menu



Custom Program workout display

Stop and Pause Operation

Stop operation is intended for situations that require the treadmill to be stopped immediately. When activated the stop operation will immediately stop the treadmill's walking belt. It is imperative that the user understands the stop operation before using the treadmill. Please review this section carefully.

There are two ways to activate the stop operation: emergency stop and standard stop. Both methods will stop the treadmill immediately, but emergency stop is designed for hazardous situations whereas standard stop is designed for typical use.

The Pause button allows the user to temporarily pause the operation of the treadmill. When activated the pause button will stop and maintain the treadmill in the program that the user was last in. When pressed again the program will resume where the user left off. If the pause button is activated and the user fails to press it again after the number of minutes set in the managers menu for pause mode duration then the treadmill will clear the program and return to the startup screen.

Using Emergency Stop

1. Press the red button that is centered on the heart rate bar. Once the button is pressed it will lock down.

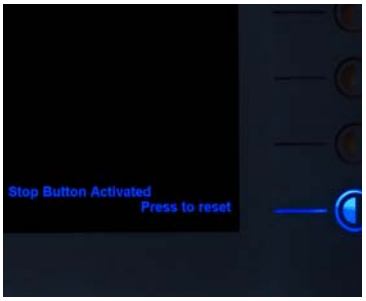
2. Release the button to operate treadmill. To release turn the button clockwise.

3. Once the Emergency Stop button has been reset the screen will display the startup image .

Using Standard Stop

1. Press the **STOP** button on the console.

2. Select the “**Press to reset**” option to return to the start-up screen.



Using Pause Mode

1. Press the **PAUSE** button on the console to temporarily pause the treadmill operation and preserve the program information.

2. Press the **PAUSE** button again or the “**RESUME**” function key to resume treadmill operation.

Basic Maintenance

Warnings

⚠ DANGER

TO REDUCE THE RISK OF FIRE OR ELECTRIC SHOCK

Before performing any maintenance, power down and unplug the treadmill.

⚠ WARNING

Do not attempt any maintenance procedure unless you are qualified and properly equipped to perform the procedure properly and safely. Otherwise, contact a service technician to service your treadmill.

Overview

This section includes the following information:

- Maintenance Schedule
- Update software
- Walking Belt Tracking
- Walking Belt and Deck Replacement

The treadmill requires regular maintenance to ensure that it runs properly and smoothly. This is also necessary to extend the life of the treadmill and its components. Failure to complete routine maintenance can void your warranty.

Proper Maintenance

To ensure the safety and functionality of your treadmill remember the following:

- Regular maintenance is required to ensure the safety and proper operation of the treadmill.
- The owner/user of the treadmill is responsible for ensuring that the treadmill is properly maintained.
- Worn or damaged components on the treadmill may cause injury or further damage to the treadmill and must be repaired or replaced immediately.
- If the treadmill appears to be damaged take measures to ensure that no one uses the treadmill. Turn the unit off at the power switch, disconnect and remove the power cord.
- Contact Paramount customer service at 1-800-721-2121 to order replacement components.
- Do not use components that are not approved for replacement.

Maintenance Schedule

It is recommended that the facility adopt a regular cleaning and maintenance schedule that the staff can follow. Following a cleaning and maintenance routine will ensure that the treadmill runs smoothly. Log and maintain any service records for the treadmill.

Daily

- Wipe down the walking belt and display console with a soft cloth. You may find it helpful to use a brush on the walking belt.
- Check the walking belt for proper tracking. Refer to Check and Adjust Belt Tracking.
- Verify that the power cord is routed free and clear of the liftframe and wheel track.
- Verify that the treadmill has the clearance required for safe operation.

Weekly

- Vacuum the area surrounding the treadmill.
- Check the handrails and display console to see if they are loose. Tighten if necessary.
- Inspect the walking belt and deck for wear. If the walking belt appears worn, replace the walking belt and deck. Refer to the Walking Belt and Deck Replacement section of this manual.
- Check the error log for any recorded errors.

Monthly

- Remove the top motor cover and the front motor cover. Clean and vacuum debris from around motor and other internal components.

⚠ WARNING

Do not attempt any maintenance procedure unless you are qualified and properly equipped to perform the procedure properly and safely. Otherwise, contact an authorized service technician to service your treadmill.

Update Software

Once you have the USB flash drive with the software update stored on it, you can use it to update the treadmill's software.

Update treadmill software

1. **Power off the treadmill.**

2. **Remove the rear console plug.** Locate and remove the plug on the back of the console panel.

3. **Locate the USB port.** The USB port is on the CPU board inside the console.
4. **Insert the USB flash drive into the USB port.**

5. **Power up the treadmill.** Be certain that the power cord is routed to the front of the treadmill and that it is clear of the liftframe. The treadmill will automatically adjust to its 'home' position after the upload process is completed.

6. **Wait for the software to load, up to five minutes.** The treadmill screen will appear blank until the software has finished loading, when th software has finished loading the normal startup screen will appear.

7. **Remove the flash drive.**
8. **Install the rear console plug.**

NOTE

Please visit the Paramount Web site at www.paramoutfitness.com regularly to check for any program updates that may be available. To update the treadmill software, the available update will need to be accessed via a computer with web access to a USB memory stick having at least 10 MB of available memory. Details will be available on the Web site.

Walking Belt Tracking

Proper belt tracking means that the belt is centered laterally on both the front and rear roller so that the belt is not shifted to one side. Proper belt tracking ensures that the belt can cycle smoothly and efficiently. Proper belt tracking is necessary to ensure safety and to extend the life of the walking belt.

Check Belt Tracking Regularly

The walking belt on the treadmill should be checked routinely to ensure that it is tracking correctly. Belt tracking should also be adjusted on an as-needed basis.

Check and Adjust Belt Tracking

1. **Power up the treadmill.** Plug the treadmill in and turn on treadmill using the power switch, which is located near the front right corner of the treadmill. Be certain that the power cord is routed to the front of the treadmill and that it is clear of the liftframe. The treadmill will automatically adjust to its 'home' position.

2. **Set the treadmill to slow speed.** Press **Easy Start** and adjust the speed to 4 mi/h (6.5 km/h).
3. **Observe the walking belt in motion.** Stand directly behind the treadmill, looking down at the rear roller. The walking belt should be centered on the rear roller. If the rear roller is visible one either side of the walking belt, the belt tracking needs to be adjusted.

4. **If necessary, adjust the belt tracking.** To shift the walking belt to the right, loosen the right retention bolt (8mm) one eighth-turn, and then tighten the left retention bolt one eighth-turn. To shift the walking belt to the left, loosen the left retention bolt one eighth-turn, and then tighten the right retention bolt one eighth-turn. Adjust the belt tracking until the belt is centered on the rear roller.

5. **Let the treadmill cycle.** Increase the speed to 10 mi/h (16.1 km/h) and let the treadmill cycle for five minutes.
6. **Recheck the belt tracking.** After the treadmill has been cycling for five minutes, observe the tracking of the walking belt. If the walking belt is not tracking correctly, adjust the tracking.

Walking Belt and Deck Replacement

This section will show you how to replace the walking belt and deck on the treadmill. Replacing the walking belt and deck on your treadmill should take approximately 45-60 minutes to complete.

You will need to perform the following:

- Remove Covers
- Remove Deck
- Replace Walking Belt
- Install Deck
- Tension Walking Belt
- Check and Adjust Belt Tracking
- Install Covers

When to replace walking belt and deck
Factors such as usage and environmental conditions will determine how often the walking belt and deck must be replaced on your treadmill. If your treadmill does not easily attain and maintain speed, this may be an indication that the walking belt and deck on your treadmill should be replaced.

Reusing the walking deck
When you remove the deck from the treadmill turn the deck over and look at the other side. You may be able to reuse the deck rather than replacing it, by flipping the deck over and using the other side. This assumes that only one side of the deck has been previously used.

Remove Covers

1. **Remove the left and right end caps.** Loosen but do not remove the two inside screws (4mm) that secure the end cap. Push up the bottom tabs, then pull the end cap off from the bottom.

2. **Remove top motor cover.** Loosen and remove the three screws (4mm) in front, next loosen but do not remove the two screws (3mm) in the rear, then lift the from the rear edge to remove the cover.

3. **Remove the left and right foot rails.** To remove the foot rail loosen and remove the four screws (3mm) that secure the foot rail, then slide the foot rail toward the center of the treadmill and remove.

Remove Deck

After removing the covers follow the steps below to remove the deck.

1. **Loosen the walking belt.** Loosen and remove the left retention bolt (8mm), then loosen and remove the right retention bolt.

2. **Locate and remove the deck screws.** Lift the walking belt and locate the two deck screws on each side. Loosen and remove the deck screws.

3. **Remove the deck.** Lift the deck (you may need to pry it up) and slide it out from the treadmill.

⚠ CAUTION

Be careful not to pinch your fingers when removing the deck.

4. **Remove the front roller retainer plate.** Loosen and remove the two bolts (5mm) that secure the plate, then remove the plate.

5. **Remove the front roller bolt.** Loosen and remove the left-side front roller bolt (5mm).

Replace Walking Belt

After removing the deck follow these steps to replace the walking belt.

1. **Remove the rear roller.** Lift the rear roller up through the rear roller slots, then remove the roller from the walking belt.

2. **Slide belt off front roller.** Tilt the front roller up on the right side, then slide the walking belt off the roller.

3. **Discard the old walking belt.**

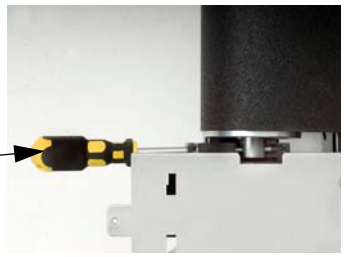
4. **Locate the arrow on the new walking belt.** Look for the arrow on the smooth side of the walking belt. The arrow points in the direction in which the belt should travel.

5. **Install belt on the front roller.** Tilt the front roller up on the right side, then slide the walking belt onto the roller.

6. **Install rear roller.** Position the rear roller inside the walking belt, then lower the rear roller through the slots. Position the roller in the roller brackets.

7. **Install the left and right retention bolts.** Insert and hand-tighten the left and right retention bolts (8mm).

Use screwdriver to align holes



8. **Remove excess slack from the walking belt.** Lift the walking belt and make sure that the walking belt is positioned in the v groove of the belt guides.

9. **Secure the front roller.** Install and tighten the bolt that secures the left side. Place the front roller retainer plate in position, then insert and tighten the two bolts (5mm) that secure the plate.

Install Deck

After replacing the walking belt follow these steps to reinstall or replace the deck.

1. **Check deck surface.** Look at the deck surface, make sure that the surface is clean and still has a shiny finish. Note: If you are installing a new belt, the deck must be “flipped” to a new unused surface or a new deck must be installed.

2. **Clean the deck.** Wipe the deck with a soft, dry cloth.
3. **Position the deck on the right side of the treadmill with the walking belt over the inside edge.**
4. **Use a nylon strap clamp to position the deck.** Wrap the nylon strap around the deck and top half of the belt. Lift using the nylon strap to position the deck.

5. **Secure the deck.** Insert and tighten the four deck screws.

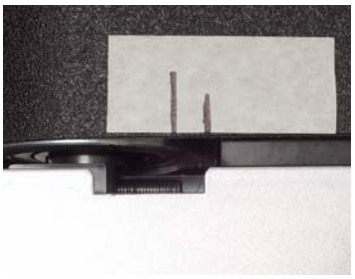
Tension Walking Belt

After installing the deck follow these steps to tension the walking belt.

1. **Place a piece of masking tape on the belt near the right side rear roller slot.**
2. **Make one mark adjacent to the front edge of the slot.**
3. **Make a second mark 0.5 inches (13 mm) in front of the first mark.**

NOTE
The walking belt must not shift while tensioning for this to be accurate. If the belt does shift, loosen the belt and start over.

4. **Tension the walking belt.** Tighten the right retention bolt (8mm) one half-turn, then tighten the left retention bolt one half-turn.



5. **Repeat until the second mark is adjacent to the rear roller slot.**

Check and Adjust Belt Tracking

1. **Power on the treadmill.**
2. **Set the treadmill to slow speed.** Select **Easy Start** and adjust the speed to 4 mi/h (6.5 km/h).
3. **Observe the walking belt in motion.** Stand directly behind the treadmill, looking down at the rear roller. The walking belt should be centered on the rear roller. If the rear roller is visible one either side of the walking belt, the belt tracking needs to be adjusted.

4. **If necessary, adjust the belt tracking.** To shift the walking belt to the right, loosen the right retention bolt (8mm) one eighth-turn, and then tighten the left retention bolt one eighth-turn. To shift the walking belt to the left, loosen the left retention bolt one eighth-turn, and then tighten the right retention bolt one eighth-turn. Adjust the belt tracking until the belt is centered on the rear roller.

5. **Let the treadmill cycle.** Increase the speed to 10 mi/h (16.1 km/h) and let the treadmill cycle for five minutes.
6. **Recheck the belt tracking.** After the treadmill has been cycling for five minutes, observe the tracking of the walking belt. If the walking belt is not tracking correctly, adjust the tracking.

7. **Power down the treadmill.**

Install Covers

After checking and adjusting belt tracking follow these steps to install the covers.

1. **Install foot rails.** Position the foot rail into place, then insert and tighten the four screws (3mm) that secure the foot rail.

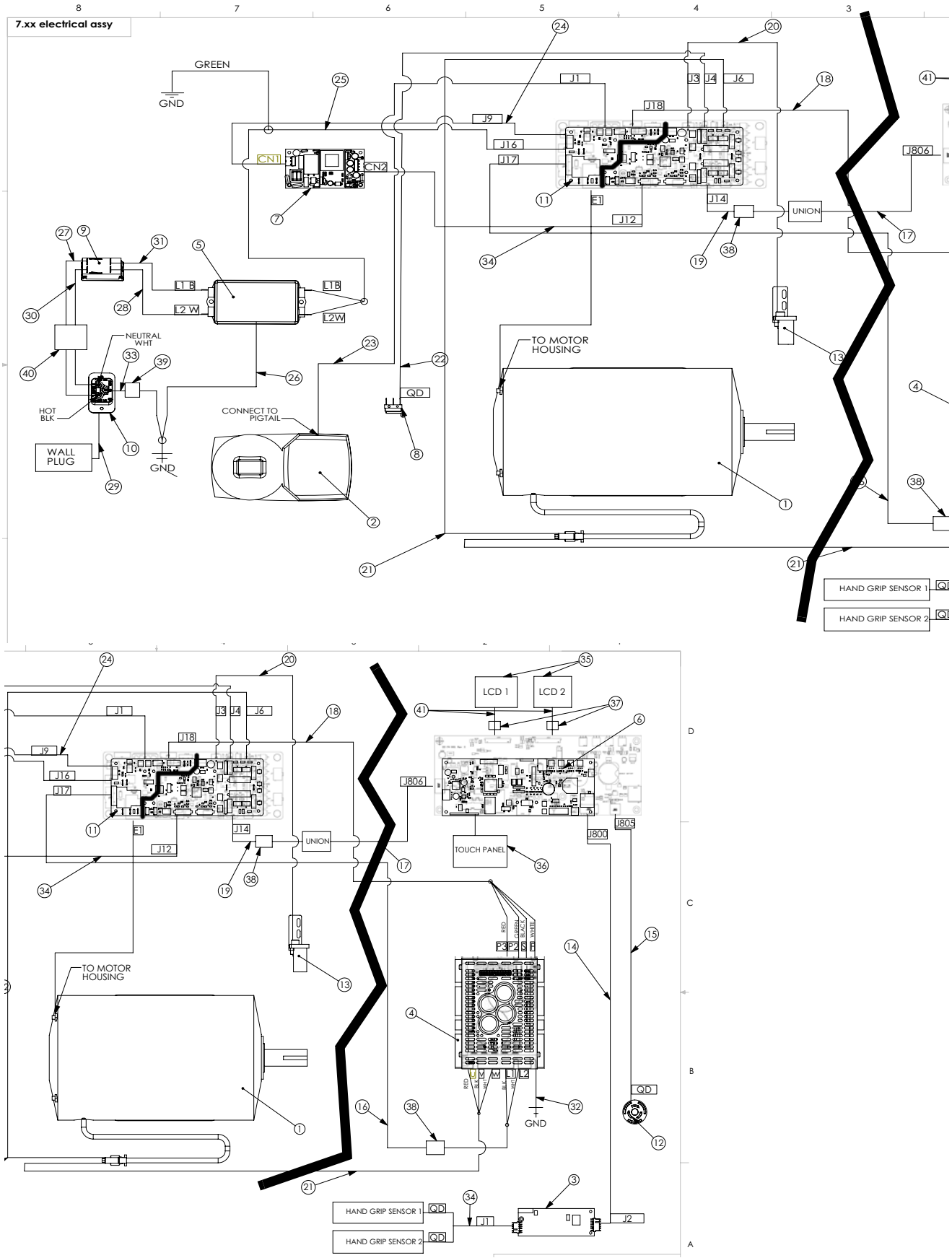
2. **Install rear end caps.** Position rear end cap into place, and then snap the bottom half to secure. Then insert and tighten the two inside screws (4mm).

3. **Install the top motor cover.** Position the top motor cover into place, then insert and tighten the two well nuts (3mm). Then insert and tighten the three front screws (4mm).

Serviceable Parts List

PART / ASSEMBY NUMBER	DESCRIPTION	QUANTITY
T1-12-001	BASE FRAME WELDMENT	1
T1-11-027	LIFT FRAME ASSEMBLY	1
T1-11-035	MOTOR AND FLYWHEEL ASSEMBLY	1
T1-11-036	SPEED SENSOR AND BRACKET	1
T1-11-037	POWER BOARD AND BRACKET	1
T1-73-001	120 VOLT LIFT ACTUATOR	1
T1-11-014	FRONT ROLLER ASSEMBLY	1
T1-11-004	REAR ROLLER ASSEMBLY	1
T1-71-001	WALKING BELT	1
T1-71-002	DECK	1
CC-66-001	MOTOR DRIVE BELT	1
T1-11-029	LIMIT SWITCH ASSEMBLY	1
T1-14-001	LINE FILTER	1
T1-74-003	MOTOR CONTROLLER	1
CC-41-001	POWER SWITCH	1
T1-62-002	POWER CORD	1
T1-22-083	POWER CORD BRACKET	1
CC-61-013	LIFT FRAME WHEELS	4
CC-61-004	LEVELING FEET	2
T1-11-012	LEFT UPRIGHT AND HANDRAIL	1
T1-11-011	RIGHT UPRIGHT AND HAND-RAIL	1
T1-11-018	CONSOLE ASSEMBLY	1
T1-24-002	LEFT UPRIGHT COVER	1
T1-24-001	RIGHT UPRIGHT COVER	1
T1-24-010	CENTER MOTOR COVER	1
TI-24-013	LEFT FRONT ENDCAP	1
T1-13-037	RIGHT FRONT ENDCAP	1
T1-24-014	RIGHT REAR END CAP	1
T1-24-015	LEFT REAR END CAP	1
T1-11-028	TOP MOTOR COVER	1

Electrical Wiring Schematic



Wiring Key

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	T1-72-004	MOTOR, EMERSON	1
2	T1-73-001	ACTUATOR	1
3	T1-72-002	MONITOR, HEART RATE	1
4	T1-74-003	KB CONTROLLER	1
5	T1-14-001	POWER FILTER, U.S.	1
6	T1-15-002	PCB ASSEMBLY, CPU	1
7	T1-74-005	POWER SUPPLY, VOF-25-12	1
8	CC-41-002	SWITCH, SUB- MINIATURE	1
9	CC-41-001	CIRCUIT BREAKER (SWITCH)	1
10	CC-42-003	COUPLER, APPLIANCE, PANEL MOUNT	1
11	T1-74-004	POWER BOARD, INDESIGN	1
12	CC-41-003	EMERGENCY STOP SWITCH	1
13	T1-11-036	SENSOR AND BRACKET, HAMLIN	1
14	T1-16-003	POLAR BOARD TO CPU BOARD	1
15	T1-16-018	E-STOP CABLE	1
16	T1-16-007	KB AC LINE HARNESS	1
17	T1-16-002	CPU TO POWER BOARD	1
18	T1-16-005	KB CONTROL HARNESS	1
19	T1-16-019	CPU TO POWER BOARD	1
20	INSTALLED PIGTAIL		1
21	T1-16-006	KB MOTOR HARNESS	1
22	T1-16-004	HOME SWITCH CABLE	1
23	INSTALLED PIGTAIL		1
24	T1-16-025	POWER BOARD TO DC POWER (110 VAC)	1
25	T1-16-026	POWER BOARD TO LINE FILTER OUTPUT AND EARTH GROUND	1
26	T1-16-21	LINE FILTER GROUND WIRE	1
27	T1-16-008	IEC CONNECTOR TO CB (BLK)	1
28	T1-16-022	LINE FILTER TO CB (WHT)	1
29	T1-62-002	WALL PLUG	1
30	T1-16-009	IEC CONNECTOR TO CB (WHT)	1
31	T1-16-023	LINE FILTER TO CB (BLK)	1
32	T1-16-017	KB CONTROLLER GROUND WIRE	1
33	T1-16-010	IEC CONNECTORGROUND WIRE	1
34	T1-16-024	POWER BOARD TO DC POWER (12 VDC)	1
35	CC-63-005	OPTIONAL LCD TV UNIT	1
36	T1-74-002	DISPLAY,ASSY CONSOLE	1
37	CC-47-005	FERRITE FORCE 28R1261-200	2
38	CC-47-002	FERRITE, EMI MOUSER #28A2029-0A2	1
39	CC-47-004	FERRITE FORCE #LFB259128	1
40	CC-47-003	FERRITE EMI MOUSER #28A3851-0A2	1
41	CC-62-013	DIGIKEY FLAT RIBBON CABLE (HFF-40U-03-ND)	1

Additional Information

Please refer to Paramount's Web site, www.pramountfitness.com, for detailed schematics illustrating additional parts and their locations. The above parts are for 120-volt applications. Contact the Paramount website and Customer Service for parts and assemblies specific to other voltages or installation locations.

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